

## Woman's World

### AUF WIEDERSEHEN.

My life was long—its years and years  
There was no flow'r within the gar-  
den-spot  
Of my sad heart; and not for me to  
know  
That one would bloom, and, bloom-  
ing, leave it not!

Ah, yes, you came, and earth for me  
grew sweet  
It seemed as if my Paradise were  
here,  
So rich my life with happiness com-  
plete,  
And, all because of you, though far  
or near!

You were my Joy; my soul was built  
to you;  
You were my Hope for all things  
good to come;  
You were my Love, and love like  
mine endures  
You were my All, although my lips  
were dumb!

And that you cared! O, heart of mine  
be still!  
Your throbbings cease, through grief,  
and loss, and ache;  
Love's miracle is here my life to fill,  
And you, poor heart, must feel its  
power and break!

O, you who came into my life—and  
went  
When dawn upon the chilling earth  
lay deep,  
I would the heart, that all for you was  
spent,  
Might with your own eternal light  
keep.

There's nothing left of all the happy  
years,  
But just their fragrant memory, pure  
and sweet,  
And fondness that lies too deep for  
years,  
And love for you, my Comrade—  
"Till we meet."

—Denabue's.

### HOW TO BE HAPPY, WEALTHY AND WISE.

(Queen Martineau in Chicago Tribune.)

There is no place in the busy world  
for the rare, pale heroine of the  
old-fashioned novel. "Catharine," who was  
so delicate that she looked as though  
she would drop in her tracks, is not ad-  
mired as once she was. And Amanda  
and Maria, who were admired because  
they were so slender that they almost  
died, would be as out of place today  
among the vigorous maidens of the  
present generation as would the  
skinny old dodo birds in a bunch  
of fat, up-to-date English robins.

To bring outdoors inside the house  
is not as difficult as it sounds. But there  
are some things that must be sacri-  
ficed. The window which brings out  
of doors inside the house must do so  
at some expense. She must throw open  
the windows and let the sunshine in  
to fade the carpets. She must roll up  
the window shades, and must open  
the house, front and back, to get a  
clear sweep of air, and, what is more,  
she must leave them open all the time.  
The minute you close the window you  
cut the fresh air out.

"I keep healthy—and wise," declared  
a pretty girl, "by sleeping in a splendid  
atmosphere. When I wake up in the  
morning I feel fresh. My morning is  
a good one, and I take my milk and  
vinegar. I make this myself from a  
recipe which was born in Maryland.  
The toilet vinegar was made long years  
ago by my grandmother, when there  
was no hot water faucets, and when a  
cup of spring water was made fragrant  
with a dash of the vinegar."

On alternate days I take a bath in  
the bathroom, which I also know how  
to make. And so I manage always to  
keep my flesh invigorated. The skin  
is like every other part of the human  
body. It craves variety; it sickens  
of the same diet. There is a milk of  
cucumber bath which is good for the  
skin of the girl who wants to keep  
healthy, and wealthy, and wise.

The girl who keeps healthy is a wise  
girl, and if she is a working girl, she  
is apt to be on the right road to wealth,  
for there are few doctors to be paid  
for a worldly standpoint, it is  
worth while. The healthy girl is apt  
to be wealthier than the girl who is  
weak, and it is a thing to be proud  
of. So, she pays her money  
for the good things of life, not the medi-  
cines.

"Again, as a healthy girl, I cultivate  
a healthy spirit. As a man thinks, so  
is he, and as a woman thinks, so  
is she. The girl who banishes envy  
from her heart, the girl who wakes up  
sunny, the girl who thinks healthy  
thoughts, will be a clean, healthy girl.  
She will stand a better chance a thou-  
sand times of being well than the girl  
who is peevish and suspicious. It is  
worth while. The healthy girl is apt  
to be wealthier than the girl who is  
weak, and it is a thing to be proud  
of. So, she pays her money  
for the good things of life, not the medi-  
cines."

Don't try to be healthy unless you  
are able to eat the right food. If your  
food is well baked and is served to  
you warm and fresh butter, then you  
are pretty sure of the right food supply.  
Don't eat bread raised with yeast un-  
til it is twenty-four hours old. It keeps  
up fermenting for a long time after it  
is baked, and will continue to ferment  
in the stomach.

Good, light bread, warmed slightly  
and served with the best of butter, will  
sustain any system. Don't try to eat  
meat, but eat meat, and eat meat, you  
can live without vegetables and fruit. The  
girl who substitutes candy for fruit  
makes a great mistake. When she is  
sick, she should eat an apple, and  
when she is hungry, she should make a  
meal of hot apple and baked potatoes,  
or banana and pickled beets, or game,  
and of the white meat of fowl.

Exercise is not only the keynote of  
health, but the whole note. How  
could you expect an idle arm to grow  
powerful? How could you hope to have  
a fine muscle grow hard and firm?  
You cannot broaden your shoulders,  
you cannot develop your bust, you can-  
not make your chest full, you cannot  
have a fine figure, unless you give your  
body a chance to grow nice by the prop-  
er exercise.

There is one simple way to exercise,  
"take any motion that develops the body  
and repeat it again and again. If it is  
the lifting of the arms, or the bending  
of the back, or the curving of the spine,  
an attempt to bend sideways, no  
matter what it is, it will do you good."  
There was once a woman who made  
it a point to exercise a different set of  
muscles every day.

Mr. Lee, said she, "I exercise suffi-  
ciently while waiting for I walk a  
good deal. But my shoulders and back  
do not exercise sufficiently."

Therefore, this woman began and ex-  
ercised her shoulders every day. She  
wanted to make them broad, and firm,  
and strong. She wanted to get the  
shoulders, the shoulders that she  
succeeded remarkably well. She took  
an special course, but a series of all  
round athletics.

One of the arts of being healthy lies  
in the keeping of the feet as they  
should be kept. The woman whose feet  
are not well will not be strong. She will  
be unable to walk, unable to bear her  
weight upon her feet, unable to do her  
work comfortably. Keep your feet  
well bathed in hot water, made  
aromatic with rose ammonia, or with a  
good vinegar bath, and when you have  
taken them from the bath be sure to  
rub them with vasoline. The natu-  
ral oils must be restored or the feet will  
not be well.

You cannot be healthy unless you can  
sleep well, and the woman who has in-  
somnia should go to bed late and rise

### MARIAN MARTINEAU'S ANSWERS.

Little Kitty: I am so short that  
people laugh at me. I have heard that it  
is possible to make yourself taller.  
Will you, kind enough, to give me  
the directions?

You had better take the stretching  
exercises and wait for time to help  
you out. Many persons cannot grow  
after they are 20. It may be that  
you have not finished your growth.

Mr. P.: I want to massage the  
wrinkles in my face. How shall I  
work upon them? I have put up my  
skin food, and now I want to know  
just how to use it.

Apply about the line of the wrinkles.  
Rub across them, not in them.  
Dip your fingers in the skin food and  
go across the wrinkles just exactly as  
the wrinkles are. Rubbing the wrinkles  
out of a piece of tissue paper.

G. N.: How often shall I steam my  
face? Steaming makes it tender and  
almost painful.

You must not really steam it, you  
know. The term steaming is applied to  
the process of heating the skin.  
Wash with hot water and rub soap  
thoroughly in many waters and apply cold  
cream to remove the tenderness.

P. R. H.: My skin is so rough that  
I cannot use powder. I have tried it  
many times, but it shows badly. What  
would you advise a person like me  
to do?

Prepare your skin so that it will  
take the powder. Rub it first with cold  
cream; then apply powder to it. Never  
put on powder until you have cold  
creamed your face.

F. B. M.: You talk of making up  
for evening. Will you tell me how this  
is generally done in good society?

The process consists in spreading  
cold cream on the face. This is wiped  
off with soft linen. In ten minutes the  
face is covered with a thin coating of  
powder, which is allowed to remain  
on fifteen minutes. By that time it  
will be evenly spread on. The super-  
fluous powder is now dusted off, and  
the face is "made up" for evening.

Miss T.: Can you give a lotion for  
a dry skin? I have rubbed in cold  
cream, with good results. But I want  
something to use when I come in from  
the street, something that will take  
off the dust. Water is too harsh.

Use milk of orange flowers. The recipe  
was recently given in this column.

### TESTING THE BRAIN BY THE FINGERS

(Chicago Tribune.)

The "Chase Hands" have excited the  
interest of Chicago educators. For they  
represent a test of motor ability, which,  
if it proves to be as effective as it is  
simple, ought to be of considerable  
value to pedagogy.

Those of those of a 6-year-old  
child who from infancy has been  
trained along the lines of natural play  
impulses by P. F. Chase, specialist in  
physical development of children, ex-  
hibit a remarkable co-ordination of  
brain and muscle. The finger exercises,  
easy as they appear, depend for suc-  
cess so entirely upon the physical and  
motor control of the child that they  
show that they are lifted from the  
plane of the commonplace to that of  
the scientific.

The exercises, which consist simply  
in folding and unfolding the fingers in suc-  
cession, either singly or by twos, are a  
good test, Mr. Chase claims, of the  
physical and mental condition both of  
normal and of backward children. By  
these exercises may be tested the sus-  
ceptibility of a normal child's brain to  
receive and retain impressions. They  
are also a test of fatigue in children  
who are overworked in school. And  
exercises may be tested the mental  
weakness in backward children.

"Finger mobility is an index of the  
nerve cells," says Mr. Chase. "When  
the nerve cells have not fully recov-  
ered from fatigue, or sickness, any  
movement of the finger muscles that  
requires delicate or accurate co-ordina-  
tion will not be accomplished with the  
usual accuracy and grace. I test my  
little girl every morning at the break-  
fast table in the manner shown in the  
picture to find out whether she is able  
to go to school or not. When she had  
the measles she lost control of the fin-  
gers for some days, and a few days  
after being vaccinated there was quite  
a brain disturbance indicated by lack  
of precision and grace in her finger mo-  
bility, and I kept her home for five  
days before she regained control of her  
fingers. I think it is better to keep her  
out of school when she is sick either  
mentally or physically."

In six or more of our large cities lab-  
oratories have been established by the  
school boards for testing dull and back-  
ward children. The laboratories are  
supplied with various instruments by  
which, under the direction of a skillful  
operator, the mental condition of the  
children may be ascertained with ac-  
curacy. Prominent among the instru-  
ments are the photograph to test the  
strength of the hand grip, and also the  
graph, which tests the endurance of  
the finger muscles. The necessity for  
these laboratories is plain from the  
report of the commissioner of educa-  
tion, which shows that there are 180,000  
backward children in the public schools  
of the United States, who are not able  
to keep up with the regular classes, and  
who are receiving individual or special  
instruction in classes by themselves.

It is well, therefore, that there are as  
many motor tests of dull and backward  
children among the little ones who are  
not yet old enough to attend the public  
schools.

Naturally it is the severe cases of  
backwardness which come to the at-  
tention of these public laboratories,  
which are, of course, totally inadequate  
to do the work of testing the total num-  
ber of backward children. Yet the  
backward child should be tested daily  
in order to note his condition and pro-  
gress. Mr. Chase believes that his sys-  
tem solves the difficulty and provides  
both teacher and parent with a means  
of determining every morning the  
physical and mental condition of the  
children. He does not pretend that this  
test of brain control of the mus-  
cles, and brain development by the  
muscles, is an accurate test by in-  
struments, but it is accurate enough,  
he claims, for pedagogical purposes. It  
has, moreover, the merit of quickness.  
By laboratory methods at least, two  
hours is used for each subject. By Mr.  
Chase's methods thirty-six pupils may  
be tested in a few minutes.

Mr. Chase has made practical appli-  
cation of his test. Testing a class of  
thirty-six in the first grade of the pub-  
lic schools, he was able in five min-  
utes to pick out successfully the nor-  
mal children and those who were ex-  
tremely backward. Normal children  
cannot control their finger muscles the  
first attempt, but they learn it with  
little practice, and dull children learn  
it slowly and in a moderate degree, but  
backward children cannot learn it at  
all. In his gymnasium for the develop-  
ment of little children he found that  
the little ones learn finger mobility by  
imitation, and that this test is better  
adapted to little children than the in-  
struments of the laboratory. A child  
may be tested and its condition noted  
several years before it is old enough to  
go to school. The owner of the little  
hands was a backward child at 1 year  
of age, but by a persistent course of

neuro-muscular culture for five years  
she became unusually strong physically  
and mentally.

Dr. Rupprecht, the Austrian  
physiologist, advocates development of  
hands and fingers, especially the left,  
by systematic exercise, based on phys-  
iological principles, and he declares that  
"skill of fingers and hands can only  
be obtained through a special system  
of gymnastics for both members." The  
development of the fingers, which the  
Chase test involves, has a practical ad-  
vantage for the child. It calls his at-  
tention to the generally neglected left  
hand, which, according to Professor  
Katscher of Berlin, ought, if the child  
is naturally right-handed, to be devel-  
oped to the highest degree of efficien-  
cy. This may have a strong influence  
upon his career, since there are about  
240 occupations, including music and  
surgery, in which both hands are called  
into play. Queen Victoria, it is inter-  
esting to recall, brought up all her chil-  
dren to be, like herself, ambidextrous.

### THE RIGHT WAY OF ENTERTAINING CHILDREN

How often one hears a mother say:  
"I have offered my children almost  
anything if they would give up the idea  
of having a party." In some cases the  
mother's objections may arise from her  
own laziness or indifference to the chil-  
dren's enjoyment, but often from her  
inability to make a party of this kind  
successful.

It is not a difficult matter to make  
children have a jolly good time at a  
party if you go about it in the right  
way. Many persons imagine all that  
is necessary in this direction is to invite  
a certain number of children who are  
likely to be congenial, provide a dainty  
supper, and when someone to play for  
the whole affair is assured.

This hit or miss method is a very  
dangerous one, and you never can tell  
how your small guests are going to act.  
I have seen children who have played  
together for years in the happiest kind  
of fashion behave like perfect strangers  
at a party, and as if they  
had never seen each other before in  
their lives.

Children are not sufficiently un-  
derstanding at these functions. They  
require someone to suggest and lead,  
and make things "go." When this is  
done, they are only too ready to fol-  
low and are the merry little creatures  
of their own games in the street or the  
play room.

Large and smart children's parties  
are, of course, outside the question of  
practical details, as the important im-  
portance of expense does not affect their  
enjoyment. It is simply a matter of  
ordering things and engaging the ser-  
vices of an "entertainer," who sees that  
everything is bright and gay. A num-  
ber of attractive women have gone into  
the entertaining of children as a busi-  
ness, and their services are very much  
sought after.

If a juvenile ball is given—and the  
up-to-date young ladies and gentlemen,  
who are nothing save a reflection of  
their elders, demand these elaborate  
functions now—the ball room is de-  
corated for an ordinary grown-up per-  
son's ball. There are music and flowers  
and a ball supper is served by a prom-  
inent firm. The cotton favors are  
costly and dainty, and everything is  
most conventional and unchild-like.

The parties we are writing about are  
of the old-fashioned variety, where  
children are not dressed up in puppets,  
but healthy, pleasure-loving, normal  
developments. But the average affair,  
even of this description, is not given  
without effort, for it is an effort to con-  
vert a pretty child into a party girl,  
and to crowd a number of little ones into a small din-  
ing room. It is hardly necessary to say  
that as much space as possible should  
be given to the room by moving all  
movable things and putting out of  
danger valuable china, as games when  
played are apt to become boisterous.  
If carpets are on the floor they should  
be covered with crash.

When a dozen or so children are to  
be asked, little notes written by some  
member of the family are sufficiently  
formal. For larger affairs regular "at  
home" cards should be used, with "Ju-  
venile Party" printed in one corner.

A perplexing question to most host-  
esses is that they have so many dif-  
ferent sets to entertain that it is not  
easy to give a party for those of one  
age only. Most children have brothers  
and sisters who cannot be left out of  
the invitation. Consequently the  
guests often include big boys from  
school, girls in their teens and tiny  
mites from the nursery.

The best way to dispose of this motley  
crew is to detail one person to  
lead each group. The tiny tots, to  
begin with, should have a room to them-  
selves, and if a kindergarten is pro-  
curable her services are invaluable in  
playing the pretty Froebel games with  
the little ones. Dancing for the older  
boys and girls is the favorite amuse-  
ment. After games, dancing, and  
German figures, such as the scarf and  
mirror dances, are always enjoyed. To  
be sure, they are not new, still the  
very fact of their age insures success,  
as everybody is apt to know them.  
Cotton favors, founded on fairy tales  
and nursery rhymes can be made at-  
tractive, and it is a good idea to make  
them appropriate to the season. In the  
summer a Maypole dance is an ex-  
cellent scheme.

An important point to remember is  
to start the ball rolling as soon as a  
few of the guests have arrived, with  
some simple game—for instance, light  
board games, London, and the like. All  
the children in the hall, and as the others  
come in they will join, and the holiday  
spirit is caught before they know it.  
The success of the party depends upon just  
how these first few minutes are han-  
dled.

It is well, when planning the games,  
to have first a sit-down one and then  
a more active one, and always keep in  
mind that children like to be doing  
things. They don't want to sit still at  
a party and be told stories. Zoological  
and man's buff is an excellent stand-  
by game. Blind one of the company  
and set him in the center of the room  
with a wand or feather in his hand. All  
the other players must form a ring  
around, imitating the noise of any ani-  
mal he chooses, the blindfolded person  
touches one of the members of the ring.  
He in his turn must imitate the sound  
to the best of his ability, and if the  
blindfolded person can decide who he  
is, he is blindfolded, and the other re-  
leased, and so the game proceeds. This  
is a new form of blind man's buff and  
it is most amusing—California Ladies'  
Magazine.

THE SUNDAY MENU.  
Breakfast.  
Fruit. Honey and Milk.  
Clam Fritters. Sliced Tomatoes.  
Rolls. Coffee.

Dinner.  
Asparagus Soup. Green Peas.  
New Boiled Potatoes. Beets.  
Strawberry Bavarian Cream.  
Black Coffee.

Supper.  
Cold Tongue. Salmon Salad.  
Hominy Croquettes. Radishes.  
Fruit Salad. Wafers.  
Iced Tea.

RASPBERRY RECIPES.  
Fruit Salad.  
To a quart of raspberries add a cup-  
ful of seeded cherries, two sliced ban-  
anas and other fruit if at hand. Put  
into a glass dish, sprinkle with pow-  
dered sugar and pour over the strained  
juice of two oranges and half a lemon.

Let stand on ice until ready to serve.  
Serve at first course or as a desert.

### Canned Raspberries.

Select the large red berries, pick  
carefully and put into small glass jars  
a layer of berries and a sprinkling of  
sugar, allowing to each pint of berries  
about two heaping tablespoonsful of  
sugar. Place some folded hay or straw  
in the bottom of a wash kettle, stand  
the jars on top of this and pour around  
sufficient cold water to two-thirds  
cover the jars. Put a close cover on  
top of the kettle and place on a mod-  
erate fire. As soon as the water  
around the jars thoroughly boils re-  
move one jar at a time; if the fruit has  
settled, leaving a space underneath, fill up  
from another jar as need requires, add-  
ing sufficient liquor as well. Seal with-  
out delay and stand aside to cool.

### Raspberry Bavarian Cream.

To a cupful of mashed raspberries  
and the juice of a lemon and a cupful  
of sugar. Let stand one hour and then  
rub through a sieve. Soak a level tea-  
spoonful of gelatin in a fourth of a  
cupful of cold water, dissolve by  
standing in hot water, stir constantly  
until it commences to thicken, then  
add one and a half cupfuls of cream  
beaten until stiff. Turn into a mold  
lined with lady fingers and let stand  
until thoroughly chilled.

Put three quarts of large red ras-  
pberries into a preserving kettle, mash  
them, and stand over a moderate fire  
to heat. At the first boil remove them  
from the fire and press through a jelly  
bag. Measure and to every pint allow  
one pound of sugar. Put the sugar  
and juice into a porcelain-lined kettle  
and bring quickly to a boil. Boil  
rapidly ten minutes, and skin until  
the scum ceases to rise. Then put in  
three quarts of whole raspberries.  
Boil rapidly about five minutes and  
then add aside to cool. When cold,  
bring again to a boiling point; then  
lift carefully by spoonfuls and put into  
jars or tumblers. When cold cover  
loosely with tissue paper and seal over  
with the white of an egg and put in a  
dark, cool place to keep.

### Raspberries Jam.

Put six quarts of raspberries in a  
porcelain-lined kettle, add two quarts  
and a pint of granulated sugar. Mash  
the fruit with a long wooden spoon,  
stand over a quick fire, boil, and stir  
continually forty minutes. Turn into  
tumblers and stand aside to cool.  
When cold tie tightly with tissue  
paper, brushed over the top with the  
white of an egg.

### Man.

Out of deep and endless universe  
There came a great Mystery, a Shape,  
A Something sad, inscrutable, august—  
One to confront the worlds and ques-  
tion them.

### Women.

And from a rib of this great Mystery  
There came a greater, a more slaphy-  
slaphy.

A something tantalizing, winsome, gay.  
That solves him, yes, and leads him  
by the nose.

### Keeping in the Fashion.

Upon the sandy beach she sat,  
Uncovered was her head,  
Beside her umbrella red,  
Bright in the sun that girl did sit;  
Nor sleeves she wore, nor glove, nor  
mitt,

And yet she did not mind one bit,  
A person would have said,  
She sat there sunning day by day,  
And ever shunned the shade,  
It seemed a very funny way  
To act for any maid.

But she had lately come from town,  
And wanted to get very brown,  
So in the sun she sat and stayed,  
And in the sun she stayed.

And when she had a coat of tan  
That one might call a peach,  
She went back home and straight  
began

To fix her up some sort of dope  
To smear thereon and sunburn soap,  
And then she went to work in hope  
She'd not take long to bleach.

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